



FALL LIVE CLASS SCHEDULES

CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am	Kettlebell AMPD	AMPD Strength	Body Combat	BodyPump	AMPD Power Flow & Burn	
10:00 am	SeniorFIT	SilverSneakers	SeniorFIT	SilverSneakers	SeniorFIT	
11:00 am		Chair Yoga		Chair Yoga		
4:30 pm	Turbo Kick	BodyPump	AMPD Power Flow	BodyPump	AMPD Strength	
5:30 pm	BodyPump	Turbo Kick	Zumba	Kettlebell AMPD		

CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am		Progressive Ashtanga	Dharma Yoga	Warm Vinyasa		Hot Power Flow
9:00 am	Yoga Flow				Gentle Yoga	
10:00 am		Dharma Yoga	Rocket Yoga	Yin Yoga		
10:30 am	Yin Yoga				Intermediat Flow	
4:30 pm		Hot Yoga		Hot Yoga		

CENTRALIA GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	AMPD Fusion	High Fitness	Rep Reebok	High Fitness	Kettlebell AMPD	
10:30 am	Senior Stretch	SilverSneakers	Senior Stretch	SilverSneakers	Senior Stretch	
4:30 am	Rep Reebok	Step & Sculpt	Kettlebells AMPD & Burn	Turbo Kick	PiYo	
5:30 am		AMPD Build		AMPD Build		

Please Note: Occasionally classes are subbed out for various reasons. There are times the instructor & class may temporarily change without notice.

Group Fitness & Yoga Director - Jen Watson groupfitness@thorbeckes.com